



2010 Clean Air Bulletin March is “Walk to Work” Month

Clean Air Options

Bicycle

Carpool

Metrolink

Park & Ride

Public Transit

Reduce Speed

Ride Lightrail

Ridematch

Rideshare

Telework

Vanpool

Walk

Attention Employees!

There are many ways to reduce your carbon foot print and contribute to cleaner air. **“Walking to Work”** is one. The financial and health benefits people receive when they decide to **“Walk to Work”** and follow through are well documented.

However, for many commuters it is just not practical to **“Walk to Work.”** These individuals may choose to **“Walk to Work”** by getting off the bus one or two stops before their normal destination and walking the remainder of the way. Getting off the Metro subway a stop earlier is another way to **“Walk to Work.”**

There are other ways commuters may choose to incorporate walking into their daily schedule at work and at home. Local landmarks abound in areas such as downtown Los Angeles, East Los Angeles, Pasadena, the San Fernando Valley and all across the County. These landmarks, such as the Walt Disney Hall or Exposition Park, can turn a lunchtime walk into a history lesson.

“Walking to Work” is a Ridesharing option that helps the environment.

After all,

**Clean Air is
Everybody’s Business!!**

For more information, please contact your Department’s Employee Transportation Coordinator:

Mental Health:

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